

Somerset Pediatric Group Safety Travel Guide

<https://www.cdc.gov/>

Avoiding Bug Bites

Food & Drink Considerations

Preventing Malaria

Preventing Typhoid Fever & Paratyphoid Fever



1. Protect Yourself from Bug Bites While Traveling

Bug bites can spread serious diseases such as malaria, dengue, Zika, yellow fever, and Lyme disease. Some illnesses can be severe or long-lasting. Many do **not** have vaccines or medicines, so **preventing bug bites is the best protection.**

Before You Travel

- Check health risks for your destination (by referring to CDC country specific guidance)
- Ask if vaccines or medicines are recommended
- Plan ahead to prevent bug bites

You may be at higher risk if you:

- Hike or camp
- Visit farms, forests, or rural areas
- Spend time outdoors

Bugs That Spread Disease

- **Mosquitoes:** Malaria, Dengue, Zika, Yellow Fever, Chikungunya
- **Ticks:** Lyme disease
- **Fleas:** Plague
- **Certain flies and bugs:** Sleeping sickness, Chagas disease

How to Prevent Bug Bites

Use an **EPA-approved insect repellent** with:

- DEET (20-50%) > 2 months of age
- Picaridin > 2 months of age
- IR3535 > 2 months of age
- Oil of Lemon Eucalyptus (OLE/PMD) > 3 years of age
- 2-undecanone > 2 years of age

✓ Safe when used as directed

✓ Apply sunscreen first, then repellent

Protect Children

- Dress children in long sleeves and pants
- Use mosquito netting on strollers
- Adults apply repellent to hands first, then to child's face

Treat Clothes & Gear

- Use **permethrin-treated** clothing or spray clothing and gear with 0.5% Permethrin
- Do **not** apply permethrin directly to skin
- Long sleeves and long pants
- Socks and closed shoes when possible

Sleep Safely

Revised 2.5.2026

- Stay in places with air conditioning or screens
- Use mosquito nets if needed

Watch for Ticks

- Avoid tall grass and brush
- Walk in the center of trails
- Shower after being outdoors
- Check your body, clothes, and pets daily
- Remove ticks as soon as possible

Remember! Avoiding bug bites helps prevent disease. Simple steps can keep you healthy while traveling. For more information visit: <https://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

2. Food & Drink Safety Tips

Eating or drinking unsafe food or water can make you sick while traveling. Follow these simple tips to lower your risk of diarrhea and other illnesses. **Always wash your hands before eating:** use soap and water, or hand sanitizer with at least 60% alcohol.

Water Safety

- Use bottled or treated water for drinking and brushing teeth
- Do not swallow water when showering
- Treat water by boiling, filtering, or chemical treatment if needed
 - Full rolling boil x 1 minute. Boil for 3 minutes if elevation is 76500 ft.

Baby Formula

- Use **safe water only** (bottled or treated)
- Follow proper preparation and storage instructions

Remember! When in doubt: Boil it, cook it, peel it—or skip it.

Making smart food and drink choices can help keep you healthy while traveling.

Safe Food Choices ✓	Avoid These Foods ✗
<ul style="list-style-type: none">• Eat food that is hot and steaming• Eat cold foods only if they are cold• Choose dry foods (chips, crackers)• Eat factory-sealed foods (packaged or canned)• Eat fruits you peel yourself	<ul style="list-style-type: none">• Lukewarm or reheated food• Raw fruits or vegetables you did not wash or peel• Cut-up fruit or fresh salads• Fresh salsas or sauces (made from raw fruits & veggies)• Raw or undercooked meat or seafood (including ceviche)• Street food• Bushmeat (wild animals like bats, monkeys, or rodents)

Safe Drinks ✓	Avoid These Drinks ✗
<ul style="list-style-type: none">• Bottled or canned drinks that are factory-sealed• Carbonated drinks (soda or sparkling water) without ice• Hot coffee or tea served steaming hot• Pasteurized milk from sealed containers	<ul style="list-style-type: none">• Tap water (including brushing teeth)• Ice• Fountain drinks• Freshly squeezed juice made by others

For more information visit: <https://wwwnc.cdc.gov/travel/page/food-water-safety>

3. Preventing Malaria While Traveling

Malaria is a **serious disease spread by mosquito bites** in many parts of the world. Most malaria cases in the United States happen in people who traveled to countries where malaria is common.

The good news: malaria can be prevented.

Key Things to Know

- Malaria prevention medicine is available.
- Check if malaria is present where you are traveling.
- Take malaria medicine **exactly as prescribed**.
- Prevent mosquito bites, even if you take medicine.
- Get medical help right away if you feel sick.

Who Is at Risk?

Anyone traveling to these areas can get malaria—even if they lived there before. Natural protection fades quickly after leaving these regions: **Sub-Saharan Africa / Parts of Central & South America / Southeast Asia**

Before You Travel **There is no malaria vaccine available in the U.S.**

- Find out if malaria is present at your destination.
- Share your full travel plans with your healthcare provider.
- Talk about:
 - Your medical conditions or pregnancy
 - Medicines you already take
 - Where you will stay (hotel, camping, etc.)

Malaria Prevention Medicine

- Several medicines are available (daily or weekly). Your provider will choose the best option for you.
- Take medicine **before travel, during travel, and after returning home**.
- Buy all medicines in the U.S. before your trip to avoid fake drugs.

Prevent Mosquito Bites

- Use insect repellent with:
 - DEET
 - Picaridin
 - IR3535
 - Oil of lemon eucalyptus (OLE/PMD)
- Wear long sleeves, long pants, and socks.
- Use permethrin-treated clothing or gear (do not use on skin).
- Stay in places with screens or air conditioning.
- Sleep under a mosquito net if needed.

Know the Symptoms

Symptoms of malaria include: Fever, Chills, and Flu-like symptoms. Symptoms can happen **during travel or up to 1 year after returning home**.

Get Medical Help Right Away

If you have a fever or feel sick after traveling, **seek medical care immediately** and tell your provider where you traveled.

Remember! Malaria is preventable—but can be life-threatening if untreated. Planning ahead and preventing mosquito bites can protect your health.

For more information visit: <https://www.cdc.gov/malaria/prevention/index.html>

4. Stay Safe from Typhoid & Paratyphoid Fever While Traveling

Typhoid and paratyphoid fever are serious illnesses caused by **unsafe food and water**. Many countries—especially **Pakistan, India, Bangladesh, East Asia, Africa, and Latin America**—have higher risk. You can protect yourself with **vaccination and safe eating & drinking habits**.

1. Get Vaccinated

- Visit a doctor or travel clinic **at least 4 weeks before your trip**.
- **Oral vaccine:** 4 pills over 1 week, for ages **6+**, booster every 5 years
- **Injectable vaccine:** Single shot, for ages **2+**, booster every 2 years
- Ask your doctor if you need a booster, especially if you were vaccinated before

2. Practice Safe Eating & Drinking

- **Wash Your Hands.** Use soap and water before eating or preparing food
- Use hand sanitizer with **≥60% alcohol** if soap isn't available
- Only **factory-sealed bottled water** or water **boiled for 1 minute**
- Avoid ice, popsicles, or flavored ice unless made from safe water
- Eat **hot, well-cooked foods**
- Avoid **raw vegetables or fruits you can't peel**
- Avoid **lettuce and leafy greens** even if washed
- Avoid **street food** unless steaming hot
- Drink **pasteurized milk** from sealed containers

Remember! Vaccines are important but **not 100% effective**. **Plan ahead and stay healthy on your trip!**

For more information visit: <https://www.cdc.gov/typhoid-fever/prevention/index.html>